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The Tangi Times

MONDAY MOJO EDITION

MONDAY, JUNE 30, 2025 ONE DOLLAR

Kids Need a Little 'Nothing to Do'

By STEFANIE BROOKE • Tangi Times Community Journalist

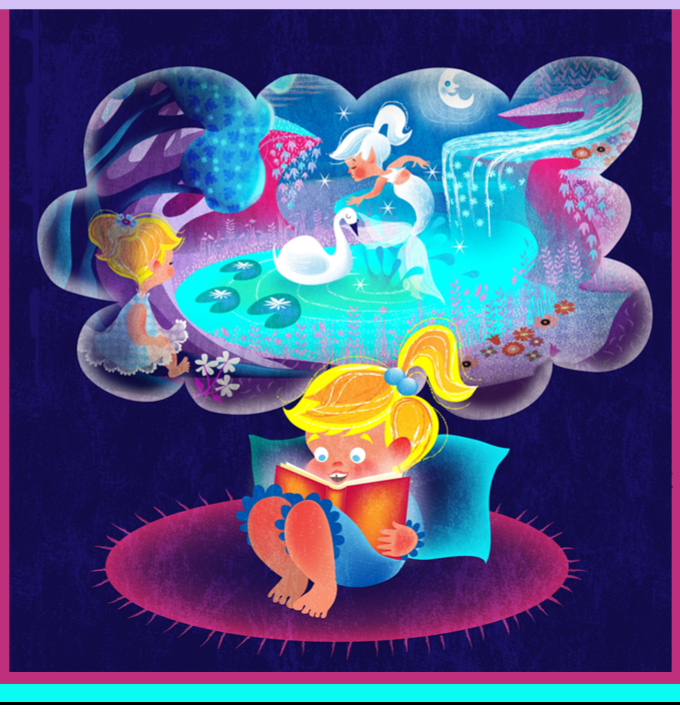
At some point during summer break, usually around the third snack of the morning, you'll hear it: "I'm boooored." Drawn out for dramatic effect and usually paired with a flop onto the nearest piece of furniture, it's the universal cry of childhood.

But before you panic and start listing off chores or searching for last-minute day camps, take a breath. Boredom might just be the best thing to happen to your kid all day.

Believe it or not, boredom is a gift in disguise. When kids have nothing structured to do, their brains start to stretch in some pretty fascinating ways. Without a screen, schedule, or set of instructions, they're left with their own ideas.

And that's where the magic begins. Sticks become swords. Couch cushions become castles. A cardboard box turns into a time machine, rocket ship, or a highly exclusive clubhouse with a secret handshake.

Of course, childhood today looks a lot different than it did twenty years ago. Play is more supervised, schedules are more packed, and there's a gadget for nearly every moment of downtime.



Many parents, with the best of intentions, rush in to fill every lull with something productive, enriching, or entertaining. But constantly rescuing kids from boredom may actually do them a disservice. It sends the message that feeling bored is a problem that must be solved, rather than an opportunity waiting to unfold.

Experts say that boredom encourages creativity, independence, and problem-solving. It helps kids learn how to manage unstructured time, which is a life skill they'll need whether they grow up to be artists, engineers, or very tired parents themselves. When every minute is programmed, children lose the chance to discover their own interests or build the resilience that comes from figuring out what to do next.

It's worth noting that the first few attempts at letting kids be bored might not go smoothly. There may be whining. There may be dramatic sighs and declarations of "I literally can't think of anything to do."

See BOREDOM, Page 4

Sleep Like Your Life Depends on It

By STEFANIE BROOKE • Tangi Times Community Journalist

If you've ever found yourself staring at the ceiling fan at 2:37am, wondering if you'll ever feel rested again, you're not alone. Down here in Louisiana, we know a thing or two about hot nights, noisy frogs, and the occasional thunderstorm that sounds like it's auditioning for a horror movie.

But no matter what's keeping you up, one thing is certain: sleep is not just something nice to have – it's something your body needs like boudin needs spice.

Science has been snooping around our sleep habits for years, and the results are in: most adults need 7 to 9 hours of good, quality sleep a night. Not just "I laid there for 8 hours and scrolled through TikTok until dawn" kind of sleep – but real, restorative, drooling-on-the-pillow sleep.

When we shortchange our shuteye, we pay for it in ways we don't always notice – like foggy thinking, grumpy moods, immune system slumps, and even a higher risk for chronic illnesses like heart disease and diabetes.

One of the biggest troublemakers when it comes to modern sleep? Blue light. That bright glow from your phone, tablet, or laptop tricks your brain into thinking it's still daytime, keeping your melatonin (that lovely sleep hormone) locked up tight.

Researchers recommend cutting off screen time at least an hour before bed, but let's be honest – who among us hasn't accidentally watched three hours of cat videos before realizing it's tomorrow?

And let's talk about circadian rhythms – that fancy term for your body's internal clock. It's the reason you feel groggy when you wake up at 6am but could run a marathon at midnight (even if said marathon is binge-watching serial killer shows).

Keeping a consistent sleep schedule – even on weekends – is one of the best things you can do to reset your rhythm and help your body know when it's time to rest and when it's time to rise.

See SLEEP, Page 5

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What's inside this issue?

and much more!

One Dollar

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I don't mind when people delete me on social media. I sometimes wonder, though, what their final straw was.

Just Saying

MEME MOJO

Keep smiling in those graduation photos. Pretty soon, nothing at all will seem very funny.

Welcome to adulthood!

PALINDROME *du jour*

Rats live on no evil star.

A palindrome is a word, phrase, or sentence that reads the same backward as it does forward. If you have a favorite palindrome, send it to publisher@tangitimes.com.

Back in My Day

By Burl "Two-Toes" Jenkins

Fireworks, Finger Loss, and Freedom

Back in my day, the 4th of July wasn't about inflatable bounce houses or sparkler safety tips. No sir. It was about real freedom – the kind that smelled like gunpowder, sweat, and burnt hot dogs. We didn't celebrate Independence Day with "coordinated neighborhood block parties." We celebrated it with backyard explosives and mild third-degree burns.

Now, I ain't sayin' we were reckless, but I am sayin' that if you made it through the 4th with all your fingers, you probably weren't trying hard enough. We had black cats, bottle rockets, Roman candles, and something called Uncle Earl's Boom Stick, which I'm pretty sure was just a coffee can full of questionable powder and poor decisions.

One year, my cousin J.D. strapped a sparkler to the tail of a bottle rocket and said he'd invented "The Freedom Falcon." It went about six feet into the air, made a sound like a cow sneezing, and caught MawMaw's clothesline on fire. She was mad, but not as mad as the time we roasted hot dogs over the citronella candles because we ran out of lighter fluid.

We didn't have "noise ordinances" back then. If your fireworks didn't rattle the windows of at least three neighboring parishes, you were doing it wrong.

And don't get me started on the parades. We made our own, thank you very much. Miss Beulah drove her lawnmower with a flag taped to the handle, and the Jenkins kids marched behind, banging pots and pans with wooden spoons.

The town mayor said it wasn't "official," but the spirit was there. So was the noise.

These days, folks are all worried about safety, which I suppose is fine if you enjoy keeping your eyebrows. But there's something to be said for the sheer chaos of yesteryear's Independence Days. The food was overcooked, the fireworks were under-regulated, and the mosquito bites came free with admission. But we were together, loud, and laugh-til-you-snort happy.

So this 4th of July, light a sparkler, burn a burger, and yell "America!" at a wholly unnecessary volume. And if your cousin J.D. pulls out something he made in his garage with duct tape and lighter fluid, maybe stand back a bit.

We're older now. We don't bounce like we used to.

God bless America and God bless that one neighbor who always sets off illegal fireworks big enough to wake the bayou.

Safety Tip of the Day

Car Share Safety Tip

Scenario

You're in an Uber and the driver asks, "am I taking you home?"

Your response

Nope, you're dropping me off at my brother's house, or- no actually you're dropping me off at my bosses house, he's having a business party, or -no you are dropping me off at my uncle's house, he's a former marine.

If you see something, say something.

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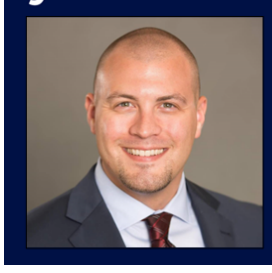

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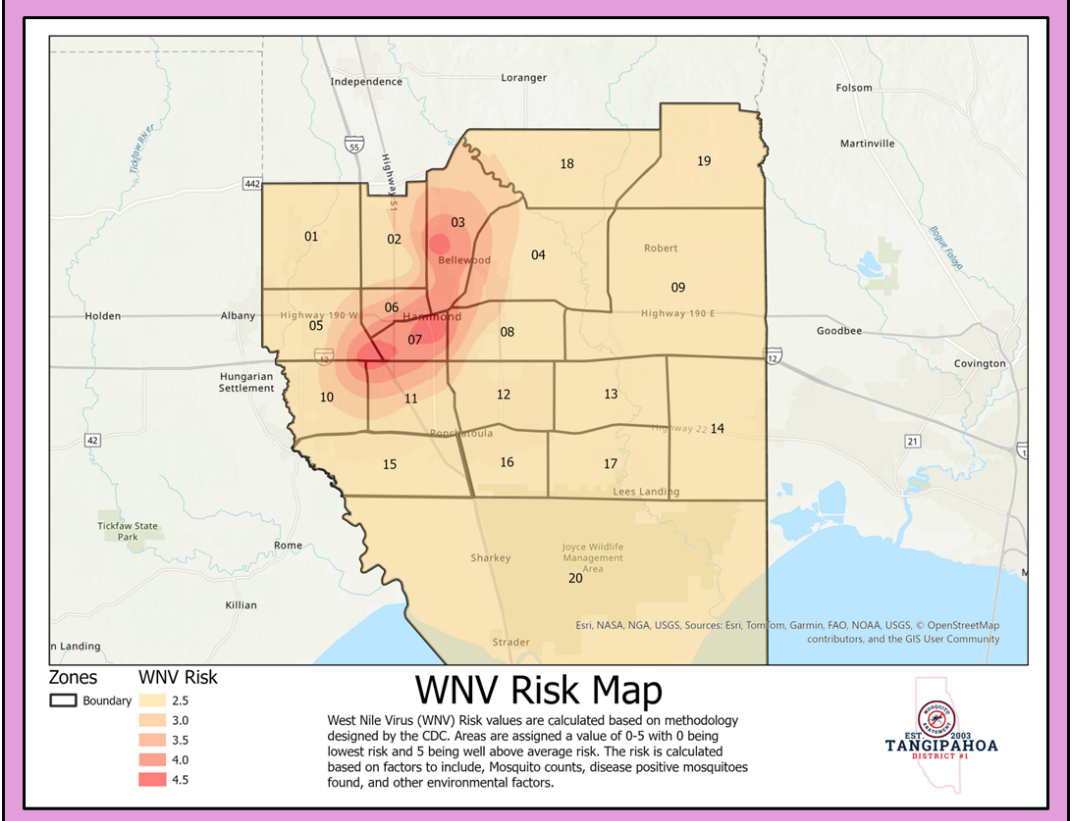
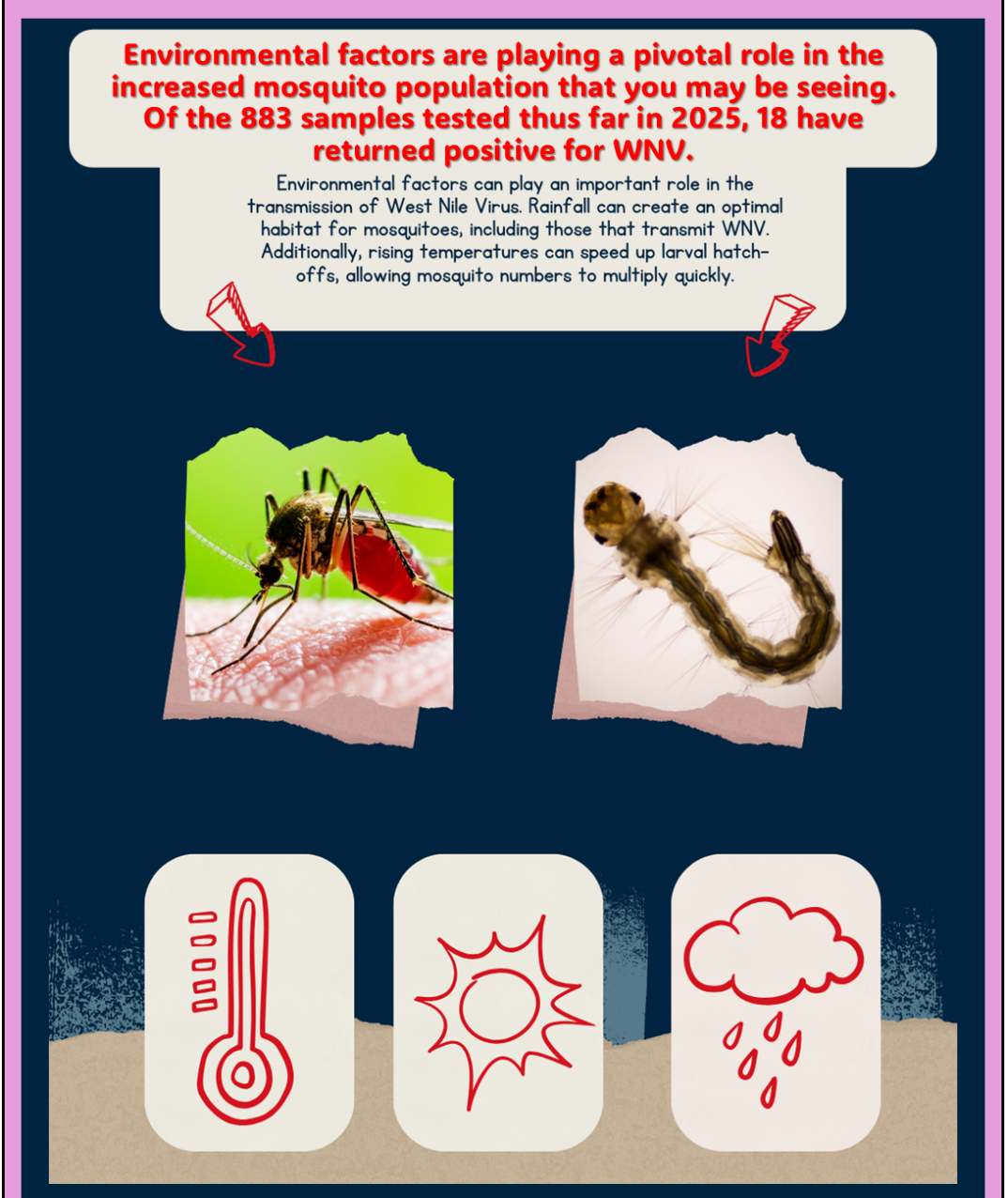
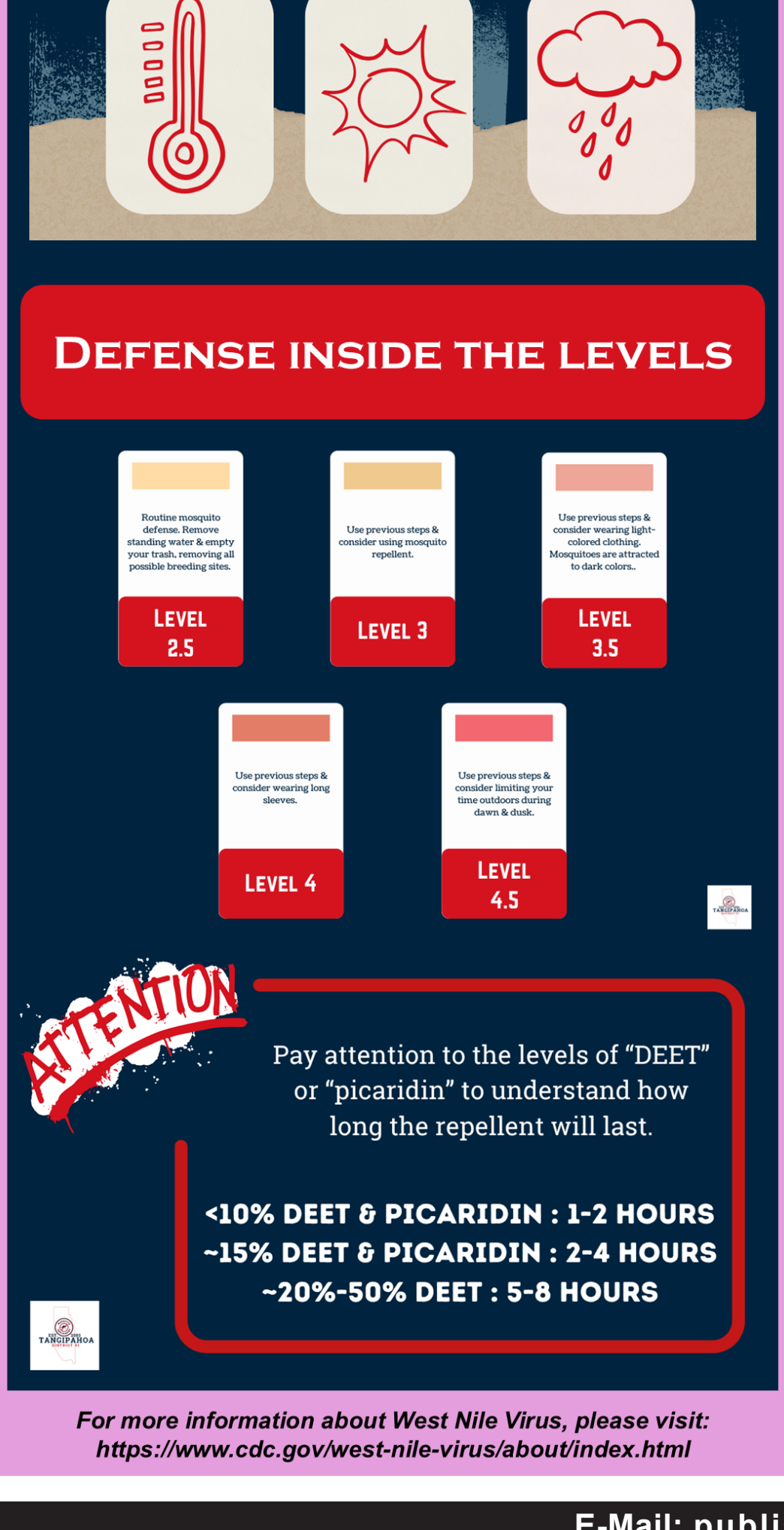
West Nile Virus Detected in Seven Samples Last Week




Environmental factors are playing a pivotal role in the increased mosquito population that you may be seeing. Of the 883 samples tested thus far in 2025, 18 have returned positive for WNV.
Environmental factors can play an important role in the transmission of West Nile Virus. Rainfall can create an optimal habitat for mosquitoes, including those that transmit WNV. Additionally, rising temperatures can speed up larval hatch-offs, allowing mosquito numbers to multiply quickly.


DEFENSE INSIDE THE LEVELS
Routine mosquito defense. Remove standing water & empty your trash, removing all possible breeding sites.
LEVEL 2.5
Use previous steps & consider using mosquito repellent.
LEVEL 3
Use previous steps & consider wearing light-colored clothing. Mosquitoes are attracted to dark colors..
LEVEL 3.5
Use previous steps & consider wearing long sleeves.
LEVEL 4
Use previous steps & consider limiting your time outdoors during dawn & dusk.
LEVEL 4.5
ATTENTION
Pay attention to the levels of "DEET" or "picaridin" to understand how long the repellent will last.
<10% DEET & PICARIDIN : 1-2 HOURS
~15% DEET & PICARIDIN : 2-4 HOURS
~20%-50% DEET : 5-8 HOURS

For more information about West Nile Virus, please visit: https://www.cdc.gov/west-nile-virus/about/index.html

Snakes Can Be Curious, But They Won't Chase

Most people are taught to fear snakes, and that fear is perpetuated through bad information, which is why we do what we do. Louisiana Snake ID started out of necessity because people were constantly sending me pictures of snakes for identification, but unfortunately those snakes were often already killed before the picture was even taken.

Fast forward to today when I was able to identify a live snake for someone in Prairieville who has been working to overcome their fear by following our page. After we talked, she was able to safely coax it outside of her home and back where it belongs.

Even though advising and educating our community on snakes has become a full-time job, we're always glad to do it. If we can save one snake, it's worth all the effort.

One myth I often hear people claim is that snakes will chase people, and it's simply not true. Humans are their largest predators, and they're absolutely more scared of us than we are of them, sadly for good reason.

Unfortunately, a large portion of society thinks it's acceptable to kill snakes simply for existing, and many carry through with that misinformed mindset. Due to habitat destruction and needless killings, people pose a much larger risk to snakes than the other way around.

Snakes do whatever they can to stay away from people because they know we're often a deadly threat and therefore will not intentionally seek people out to bite them.

So why do people think snakes will chase them? It's almost always a case of misinterpreting behavior.

When we see a snake in the wild, we don't know exactly where that snake lives, even if we've seen it go down a particular hole before. One reason people think they're being chased is because they don't realize they're standing between a snake and where it really wants to be.

If you're between a snake and its home or spot that it feels safe from you, the giant predator, they'll almost always go the quickest route even if that means moving in your direction. A snake moving in your direction isn't "chasing you" any more than someone walking in your direction at a store is chasing you, and I'm sure you don't believe that they are, LOL.

I've been between snakes and the water where they feel safe and have had many of them slither directly between my legs or even over my boot to get past me. But they weren't chasing me.

People will swear up and down that a Racer will chase you, but again, it's simply people misinterpreting behavior and not knowing much about them.

Racers have exceptional vision for snakes and thus are SIGHT hunters, which means they watch for their prey to move then quickly catch and overpower it. They eat frogs, lizards, rodents and even other snakes, including venomous ones. They'll eat anything they can overpower, and they use their quick speed and vision to do this.

Because they're faster than most people and have great vision, they'll often come closer than other snakes out of curiosity and hunger. They'll even periscope above the grass to watch and see if we inadvertently spooked up an easy meal while walking through the yard.

If we're cutting the grass, they'll be especially curious because the vibrations of the mower will scare lizards, grasshoppers, mice, etc., which gives them a tasty snack. None of that is chasing; snakes are just one of the most misunderstood animal species on the planet.

Snakes have nothing to gain and literally their lives to lose by "chasing" and biting a person. They simply won't do it. If you see a snake that concerns you, try to avoid it. If it moves in your direction, relocate yourself, and I'm sure you will find that the snake wasn't coming for you.

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Notice is hereby given pursuant to Article 7, Section 23(C) of the Louisiana Constitution and R.S. 47:1705(B) that a public hearing of Ponchatoula Area Recreation District No. 1 in Tangipahoa Parish will be held at its regular meeting place in the Office Conference Room of the Gymnasium, located at 19030 Ponchatoula Park Drive, Ponchatoula, LA on Thursday, July 31, 2025 at 5:30 p.m. to consider levying additional or increased millage rates without further voter approval or adopting the adjusted millage rates after reassessment and rolling forward to rates not to exceed the prior year's maximum. The estimated amount of tax revenues to be collected in the next year from the increased millage is $2,812,738.64, and the amount of increase in taxes attributable to the millage increase is $120,556.20.

Cost of notice: $47.25

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To celebrate the TEN summer birthdays of TEN Tangi Times staff members and writers, we are giving you TEN free summer weeks of digital access to the Tangi Times, now through August 30!
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Southeastern Wins Graphic Design Awards

From Southeastern

The Southeastern Louisiana University Office of Marketing and Communications was recognized for graphic design by the Academy of Interactive and Visual Arts with two Communicator Awards. The office was recognized with an Award of Excellence in the General - Education Website category and an Award of Distinction in the Design Features - Overall Design category for the university's Centennial logo.

The Award of Excellence, the highest honor, is given to those entrants whose ability to communicate positions them as the best in the field, while the Award of Distinction is presented to projects that exceed industry standards in quality and achievement.

With thousands of entries received from across the United States and around the globe, the Communicator Awards remains one of the largest and most competitive programs honoring excellence in marketing, communication and creative work.

This year's Award of Excellence recipients include standouts such as Netflix, NASA, Oliver Wyman, George P. Johnson Experience Marketing, Getty Museum, Apple, PepsiCo, McKesson, Savannah College of Art and Design, The Walt Disney Company, NBCUniversal, Zeta Global, Bank of America and many others.

"In a year where our theme was 'Communication is Connection,' it was moving to see how this idea came to life in the work," said AIVA Managing Director Lauren Angeloni. "Whether centered around emotionally resonant storytelling or marketing effectiveness case studies, the entries reflected the power of communication to bridge gaps between people, platforms, and perspectives. We're proud to celebrate such a dynamic group of honorees. And we're deeply grateful to our jurors, who, as always, brought care, curiosity and deep insight to every review."

The awards are judged by the Academy of Interactive & Visual Arts (AIVA), an invitation-only body of over 500 industry leaders from top brands and agencies. This year's Jury included professionals from Google, Accenture Song, Smithsonian, Microsoft, Digitas, JPMorgan Chase & Co., Publicis, Spotify, Johns Hopkins, Critical Mass, Amazon, The Andy Warhol Museum and many more.

The Communicator Awards is an annual competition recognizing the best in advertising, corporate communications, public relations and design. With over 3,000 entries received from across the United States and around the world, the Communicator Awards is the largest and most competitive awards program honoring creative excellence for communications professionals.

BOREDOM

Continued from Page 1

Stay strong. This is normal.

Just like learning to ride a bike or tie their shoes, figuring out how to entertain themselves takes time and practice. Kids may flounder at first, but that's part of the process.

The key is not to cave too quickly. With a little patience (and maybe some earplugs), you'll be amazed at how quickly they start tapping into their own creativity. Progress might come in slow, silly steps, but it will come.

So the next time your child looks at you with those sad, snack-seeking eyes and claims they have nothing to do, try this: smile and say, "It's OK to be bored." Then hand them a box of craft supplies, point toward the backyard, or just let them figure it out. You might be surprised what they come up with when given the chance to be bored on purpose.

After all, some of the greatest inventions of childhood were built in the backyards of boredom.

Horoscopes

1st week of July

ARIES - Mar 21/Apr 20
Career developments may be a bit unclear this week, Aries. Your motivation may need a little extra boost. You might have to consider if a career change is in order.

TAURUS - Apr 21/May 21
A lack of information is proving confusing, Taurus. If you suspect there's more details to uncover, choose a course of action and do your best to get as clear a picture of the situation as possible.

GEMINI - May 22/Jun 21
Keep your money in your wallet this week, Gemini. You might want to spend it or give it away impulsively and that could affect your finances in an impactful way.

CANCER - Jun 22/Jul 22
Cancer, this isn't a good time to sign contracts or make any significant purchases. Keep your money safe and try to keep your savings account full at this point.

LEO - Jul 23/Aug 23
People have been asking you to take on too many responsibilities lately, Leo. This could be stressing you out or taking away from your own needs. Learn to turn others away for now.

VIRGO - Aug 24/Sept 22
Virgo, this week may present an opportunity to restore your self-confidence. For too long you have been floundering and not finding the traction you need and deserve.

LIBRA - Sept 23/Oct 23
Libra, something could be distorting your perspective right now and making it difficult to concentrate and communicate. Take a few days off from your responsibilities.

SCORPIO - Oct 24/Nov 22
Scorpio, after some gloomy feelings the last few weeks, good news has you feeling like you are on cloud nine. Savor it and celebrate.

SAGITTARIUS - Nov 23/Dec 21
This is a good week to try to enhance your love life, Sagittarius. Take every opportunity to woo your significant other, and plan a special event for the two of you.

CAPRICORN - Dec 22/Jan 20
You may want some magical force to whisk away all of the little difficulties that have been affecting you, Capricorn, but it will require hard work to do that.

AQUARIUS - Jan 21/Feb 18
Lately there have been a lot of thoughts swirling through your head, so much so that you can't get any peace, Aquarius. It may be beneficial to sit down with someone to talk it out.

PISCES - Feb 19/Mar 20
Pisces, try something new this week even if it scares you. It is good practice to challenge yourself once in a while to test your resilience to change.

The Tangi Times

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Public Notices

OFFICIAL ADVERTISEMENT FOR BIDS

PROJECT:
AUDUBON REGIONAL LIBRARY ST. HELENA PARISH LIBRARY

BID DATE:
Sealed bids will be received on
Tuesday, July 15, 2025 at 2:00 P.M.

OWNER:
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PLACE: Bids will be received by HOLLY & SMITH ARCHITECTS, APAC, for the St. Helena Parish Police Jury at their office located at 17911 LA-43, Greensburg, LA 70441 and will be opened and read aloud.

All bids shall be submitted in a sealed envelope bearing legibly on the exterior, the following:

1. Job Name and Owner
2. Architect
3. Date
4. Contractor's Name, Address, and License Number

No bid shall be withdrawn for a period of thirty (30) days after receipt of bid.

All Drawings, Specifications, and other Contract Documents for the project are on file and open for inspection at the offices of HOLLY & SMITH ARCHITECTS, A Professional Architectural Corporation, 208 North Cate Street, Hammond, Louisiana.

Complete Bid Documents for this project are available in electronic form. They may be obtained without charge and without deposit from Holly & Smith Architects, APAC. Printed copies are not available from the Designer, but arrangements can be made to obtain them through most reprographic firms. Plan holders are responsible for their own reproduction costs. Questions about this procedure shall be directed to the Designer at:

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A **Pre-Bid Conference** is scheduled for **Tuesday, July 1, 2025 at 10:00 A.M** at 17911 LA-43, Greensburg, LA 70441.

All bidders shall meet the requirements of the State of Louisiana Contractor's Licensing law, Louisiana Revised Statute 37:2150 through 2164, as amended.

Sureties used for obtaining Bonds must appear as acceptable on the Department of Treasury Circular 570.

As a requirement under Louisiana Revised Statute 37:2163, this project is classified as Building Construction.

In accordance with R.S. 38:2212 (A)(1)(b), the provisions and requirements stated in the Advertisement for Bids and those required on the Bid Form shall not be considered as informalities and shall not be waived.

Any person with disabilities requiring special accommodations must contact the St. Helena Parish Police Jury no later than seven (7) days prior to the bid opening and pre-bid conference.

The Owner shall have the right to reject any and all bids for just cause in accordance with R.S. 38-2214 B.1-5.

Bidders have the option to submit bids electronically with Louisiana Revised Statute 38:2212 A(1)(f)(i). Bids submitted electronically shall be submitted to www.centralauctionhouse.com .

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THE UNKNOWN EATER

Stuffed!

1801 Nashville Ave, Hammond, LA
Tues-Sat, 11:00am-9:00pm
Overall rating: 4/5 stars – very good

They say that some things just write themselves. This Unknown Eater seems to think that can be said about a certain eatery that we have visited several times over the past few months in the Hammond area – Stuffed. For over a year, the aptly-named, family-owned restaurant specializes in poboys and potatoes with a wide variety of toppings or stuffings.

Let's get started with the most basic thing – the location. Stuffed is just off West University at 1801 Nashville, practically within walking distance of Southeastern (that being said, a full belly might make it tough for the stroll back).

There is plenty of parking in front of and on the side of the place. Just as a side note, the location was once a night club, so the building has no windows and has no natural lighting and there is little memorabilia on the wall – but that is to be expected from a relatively new business.

In today's world, if people have not eaten at a place, some rely on the internet to do their research. At the first glance of stuffed.com, the prices of the poboys look like what you would pay at many other locations in the area.

That being said, when taking a gander at the spuds, one might be taken aback by the pricing. When reading that the Classic Baked Potato will run $9.99, some might feel a sudden tingle in the wallet – but not when they see the size. The potatoes are not like the kind at the drive-thru at a national fast food chain or a side at a steakhouse; these are meant to be full meals, and they are well worth the price.

On my first trip, I tried the Chicken Philly Poboy that was served with a size of fries. I asked to deviate from the menu (I prefer the onions and peppers to be raw), and it was done with no problems and without extra cost.

It came to me with more meat than expected and is something that I would certainly recommend and even order again. Other sandwiches include a wide array of seafood and specialty poboys.

The second trip was the time to try a potato; and like the poboy, I tried the BIG Philly, which lived up to its name.

When it first came to the table, the thought was that my eyes may have been bigger than my stomach. Something the size of a small Nerf football that smelled a whole lot better was sitting in front of me.

At first, I thought to myself that there was no way that I would finish it – and then I dug in. My next notion was that if I didn't have room for it, I was willing to make room somehow. They were able to capture the flavor of a Philly Cheesesteak with the added comfort-food feel of a buttered spud.

It took some doing, but this guy was able to finish it all.

One piece of criteria as an Unknown Eater is that we visit three times before writing a review, since a single visit may be an unfair experience on a good day or a bad day; so after spotting the Mac Daddy on the list of taters on the second trip, it was time to give that one a go.

This tater features pork, macaroni, and their "signature cheese sauce." It was a little tougher to finish than the Philly – not because of the quality of the food, but because of the quantity.

The mac and cheese coupled with the pork would almost be enough for a meal by itself. I will say that I was ashamed to do it, but this gravitationally challenged guy had to ask for a roadie box.

Three visits were enough to form an opinion, but hunger warranted a fourth. I entered thinking that I was going to try another poboy, but out of curiosity, figured that I should try the most basic thing: the Classic Baked Potato, which comes surrounded by butter and topped with the signature cheese sauce, bacon, green onions and sour cream.

All that was needed was to sprinkle a little salt, and it was a proper meal. Like the other two, I would recommend them, and I plan on having them again.

If I had to choose, the BIG Philly is my favorite of the three. Like the poboys, the spuds are available in a variety of ways, including seafood and different choices of meats.

As far as drinks are concerned, they serve Coca-Cola brands from the fountain and in the bottle.

Thinking back on the service, the waitstaff came across as friendly and welcoming. Stuffed offers dine-in, carryout, and third-party deliveries. If you are hungry, Stuffed is the place to go! Make sure to tell them that the Tangi Times Unknown Eater sent you.

TANGI GUMBO

A little bit of everything you need to know

The City of Hammond has announced that W Minnesota Park Rd. will be closed to through traffic for several months as crews rebuild the roadway from S.W. Railroad Ave to S. Magnolia St., with a tentative completion date set for November 13, 2025. Businesses along the route will remain accessible from either end or via S.W. Railroad Ave and S. Magnolia St., depending on the construction phase. Phase One closes the road in front of Dairy Queen with access from both ends; Phase Two will block the section from S.W. Railroad Ave to Dairy Queen, allowing access from S. Magnolia St.; and Phase Three will close the portion from S. Magnolia St. to Dairy Queen, with access from S.W. Railroad Ave.

The Florida Parishes Arena in Amite has received a grant from Keep Louisiana Beautiful to add five new trash receptacles around that campus. The KLB Trash Receptacle Grant helps communities throughout the state by providing high-quality trash containers for placement in outdoor public spaces. Data collected by KLB over the past several years shows a 78 percent reduction in litter in areas where trash cans are properly installed, serviced, and maintained. Tangipahoa Parish is grateful for its longstanding partnership with this incredible organization, and we thank Keep Louisiana Beautiful for helping us make Tangipahoa shine!

Drugs, weapons, and various other types of contraband have been uncovered in a multi-agency shakedown effort at the Tangipahoa Parish Jail that is expected to lead to multiple arrests. On Tuesday morning, June 24, more than 100 law enforcement personnel from TPSO, Rayburn Correctional Center, and the Livingston Parish Sheriff's Office conducted a full-scale search of the entire facility. The operation turned up drugs, makeshift weapons, and other prohibited items like cellphones. The jail sweep had been in planning for several weeks, as it is part of TPSO's new operational standards for the jail under Sheriff Gerald Sticker. Investigations into the introduction of the contraband located in this effort are underway. They are expected to result in additional charges for involved inmates as well as any non-inmates identified as having played a part in the facilitation or distribution of the contraband. The TPSO would like to express our sincere gratitude to the law enforcement partners who assisted with this effort for their dedication and diligence through the operation.

Cody Schexnaydre, of Ponchatoula, LA, was named to the Mississippi State University's Spring 2025 President's List.

Paige Davis of Ponchatoula has been named to the University of West Alabama's Spring 2025 President's List for superior academic achievement.

Last week, the Amite City Police Department responded to a reported theft at Walmart on W. Oak Street and quickly apprehended the suspect, identified as 50-year-old Trace Bell of Roseland, LA. Bell attempted to flee the scene westbound on a bicycle but collided with a patrol vehicle's door near the I-55 overpass and continued on foot before being taken into custody. He faces multiple charges, including theft, aggravated flight from an officer, simple criminal damage to property, and being a fugitive for failing to register as a sex offender. Police thanked the Tangipahoa Parish Sheriff's Department for their assistance.

The Tangipahoa Parish Sheriff's Office is asking for the public's assistance locating a Ponchatoula man who hasn't been seen or heard from since last weekend. James Wood, 43, was last seen at the La 22 Mart on the corner of Highway 22 and Lee's Landing in Ponchatoula on Saturday, June 21. His car, keys, and other belongings have been found at his home in the 40000 block of River Road in Ponchatoula, where he lives alone, but no one has seen or heard from him all week. James is 5'8", weighing 148 lbs, and has brown hair and green eyes. Sheriff Gerald Sticker asks anyone with information regarding James' whereabouts to contact our Investigations Division at 985-902-2045.

FUN FACT

The full name for DDT, the pesticide banned in 1972, is DICHLORODIPHENYL-TRICHLOROETHANE.

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SLEEP

(FROM PAGE 1)

Pro tip: turn on that ceiling fan, keep your bedroom cool and dark, and maybe swap your heavy comforter for something a little more breathable. You don't need to sleep in an igloo, but a cooler room helps your body slide into snooze mode faster.

So tonight, do yourself a favor. Put the phone down, slip into some soft pajamas, and create a bedtime routine that would make your grandma proud. Maybe it's a good book, a warm bath, or a little lavender on your pillow – whatever helps you drift off like a moss-draped cypress in a gentle bayou breeze.

Because when it comes to your health, your happiness, and your ability to function without turning into a sleep-deprived swamp monster, sleep really does matter. So give your body the rest it deserves. After all, tomorrow's another big, beautiful Louisiana day – and you're going to want to be awake for it.

Benteaux Takes Third in Statewide Seafood Competition

Innovative Hammond Asian fusion restaurant Benteaux won third place in the competitive Louisiana Seafood Cook-off at the Harbor Center in Slidell on Friday, June 27. The winners were hand-selected by LA Lt. Governor Billy Nungesser.

Benteaux owner and chef Trenten Oliphant happily displays his award following a grueling statewide competition against some of the best seafood restaurants in Louisiana.

Youth Service and Back to School Bash

Sunday, June 29, 2025
Hope In Salvation
1050 S.E. Railroad Avenue
Ponchatoula, LA 70454

The Youth Service is at 10:00am with a few giveaways during the service. The person whose name is drawn must be present in the service.

The Back to School Bash is from 1:00-4:00pm. We will give away backpacks containing school supplies during the Bash on a first come, first served basis until items are gone.

We also have free food and games during the event.

This event should be a fun time for all!

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Helping Wildlife Beat the Heat

Summer is my favorite season of the year. Being the outdoorsy type, I can be outside 24/7 if circumstances allow, the hose on constant standby for occasional misting, and the never-ending task of refilling water bowls for my birds.

Lately, I've noticed a lot of wild birds, squirrels, and even a snake drink from the bowls to their hearts' content.

During the hot summer months, with the humidity high and the sun scorching hot, splashing around or taking a dip in the pool if we have one is a welcome pastime for us humans. Naturally, our wildlife will also gladly enjoy a splash in a bird bath or a bowl or dish of cool, fresh water.

A lot of us have bird baths, fountains, or maybe we leave water dishes around for our own pets, as well as other critters that may be thirsty or in need of a refreshing dip. Although this is a very welcome sight for our wildlife, there are some things we need to consider.

As hot as it's been, water in any dishes left in direct sunlight for more than an hour will become scalding hot, which may cause severe burns to little squirrel, turtle, snake, or bird tongues, feet and bodies. Any standing water is an invitation for birds, frogs, small mammals, lizards and other thirsty or hot critters, and we don't want to greet them with an unpleasant surprise.

When putting out dishes of water, it's best to use light colored ones, as darker ones tend to heat the water very quickly. We have all heard stories of children being accidentally scalded by water from a hose that was sitting in the sun, when a parent or another child picked it up and sprayed someone without letting the water run for a while first to clear all the hot water out. Likewise, we should always take steps to prevent wildlife from being burned by unexpectedly hot water.

It's best to place water bowls or dishes in shaded areas, away from direct sunlight, and in cases where there is no shade or trees anywhere on the property, the bowl can be placed under a table or a chair, or even inside a cardboard box placed on its side, to provide at least partial shade.

Always remember to wash bird baths and bowls on a regular basis. Dirty or slimy dishes can make our vulnerable wildlife sick, so it's best to make sure our help won't compromise their health and safety.

During this hot weather, bees, our most important pollinators, can also benefit from our help. A bee on the ground, or acting lethargic, may be dehydrated, overheated, and thirsty. We can help keep them hydrated by providing small dishes, such as jar lids, filled with water and marbles or small pebbles so the bees and other insects don't drown. Simply place the marbles or pebbles in the container and fill the water to near the top of the aggregate. This way, the bees can stay above the water and still lower their heads to take a sip.

By providing something as simple as a fresh bowl of water for our wildlife, we can help ensure they have it a little easier while raising the next generation of babies.

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Tonya Aiken

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